

DAILY MAGAZINE PAGES FOR EVERYBODY

The Best Time to Aid Beauty Is Bed Time

By LUCREZIA BORI.

Prima Donna of the Metropolitan Company, New York.

Special arrangements have been made with Senorita Lucrezia Bori, the famous prima donna soprano, who has created a wonderful impression in Europe and New York on account of her remarkable beauty and artistic attainment, to write for this paper a series of articles on beauty. There is probably no authority her equal in giving the newest and most approved methods of attaining and preserving "the divine right of woman."

HOW do you go to bed? Happy and carefree, or worried and disturbed? Do you lay your head on the pillow with a mind at peace, determined to get all possible good out of the night's rest? Or do you take the "careless" attitude, and "go over" into the night, and turn the sweet dreams that are your due into hideous nightmares? If you can't wipe the slate clean of the day's worries when you go to bed, you have no right to expect to rise with radiant face.

Don't complain if you are heavy-eyed and dull-witted, with a sickly skin and lack of ambition. Worrying all night over the work of the day never made one beautiful, healthy, wise, or rich. How can you help it? By calling mind to the rescue and letting common sense act.

The only excuse for worry of the day that is past is failure in application of

honesty of effort. Determine to do better. Then stop worrying. Night is the psychological time for beauty culture. It is the time for erasing the care-lines of the day, and making ready for rebuilding. It is a time of recuperation, of gaining strength, of repairing nerves.

If you want to rise with a sunshiny face, go to sleep with a mind freed from inharmonious. Put away all "envy, hatred, and malice." Set yourself at peace with the world, yourself, and your fellow-men.

Take some simple exercise for the relaxation of tense muscles. Don't say you are too tired, and tumble into bed with the "tired" thought. You have to breathe, whether you are tired or not. Twenty-five deep breaths will quiet nerves, start the circulation, loosen the tension of body and mind. A warm bath will do as much good as an hour's sleep.

Brush your hair with long, even strokes, breathing rhythmically meanwhile. Massage the scalp. It will clear your head, and take away the feeling of being "bound with bands," which is the sign of a tired brain.

Sit before your mirror in a strong light and carefully smooth out all lines of worry, of petulance, of unhappiness. Work over the lines about the eyes and across the brow with some simple emollient. I have given dozens of recipes. If, however, you want a specific for wrinkles, try this:

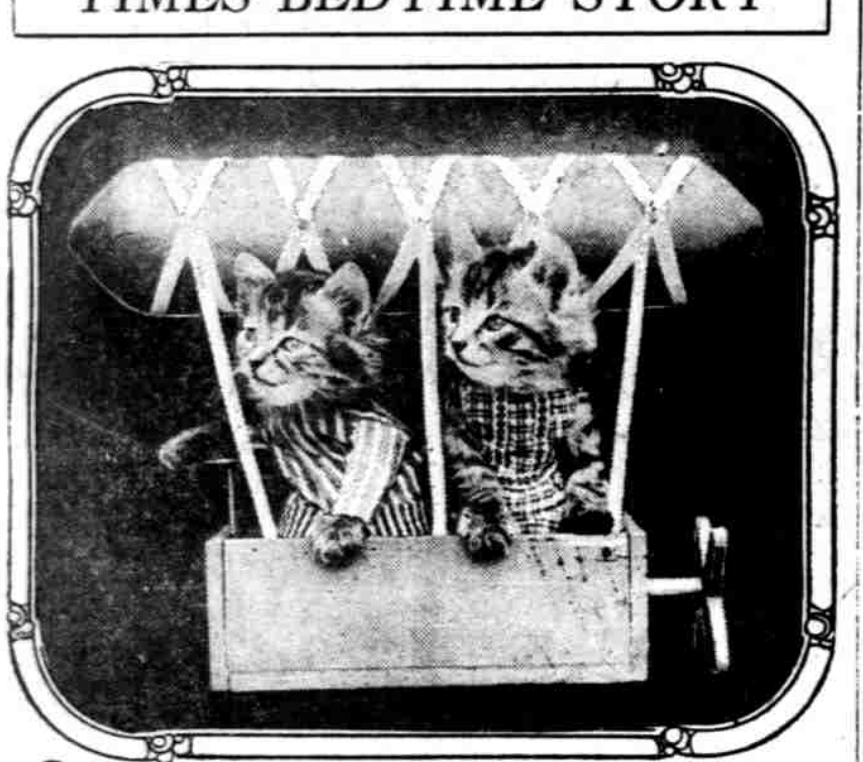
Half ounce each of lanolin and eucalyptol, a quarter of an ounce each of white wax and spermaceti, one ounce of oil of sweet almonds. Melt together and while stirring add half an ounce of orange flower water and a few drops of benzoin.

Brush the eyebrows into an arch. Massage the hands with a nourishing and whitening lotion. Push the cuticle back from the fingernails and gently pinch the fingertips into shape.

Brush your teeth, rinse your mouth, and then consider its expression. Dispel all peevishness. Think pleasant thoughts. With happiness and peace in your heart, seek your pillow, and sleep the sleep of the just. Give "nature's sweet refreshment" the chance to "knit up" the ravaged sleeve of care.

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TIMES BEDTIME STORY



TOM TABBY FINDS A TWIN.

By FLORENCE E. YODER.

NOW I know just what you are going to say. There are two Tom Tabbys in that picture. Well, that is just what I thought, at first, but only one of them is Tom Tabby, and the other one is another kitty boy who looks so much like him that he fooled Mrs. Tabby herself! This is the way he was discovered.

You see, Tom Tabby was just like some other folks I know who don't live in Tabbyland. Tom hated to pick up his clothes worse than taking medicine.

Tommy Tabby, Mrs. Tabby would say every morning, "did you pick up your night clothes and hang them up?" And every morning Tommy would have to go back upstairs and pick up things. At night it was the same story. "Tommy, have you left your clothes on the floor?" Then Tommy would hide his head under the covers and Mrs. Tabby would make his get out and pick up the scattered trousers and socks.

One night just after he had gotten in bed, when he was very tired, he heard his mother coming creaking up the stairs. He turned on his side and pretended to be sound asleep. I know that she will ask me about clothes just as soon as she leaves me to kiss me," he thought to himself, and sure enough, it came "Tommy, have you hung up your clothes?" Tommy did not answer, and she asked him again, then a second time still, but at the third Tommy did not like the sound of her voice nor the way she said "Thomas Tabby" so he jumped out with a snarl. Mrs. Tabby helped him with a hard spank in a twinkling. "No grumbling to me, young man," she said, and Tommy gathered up the little coat and other things with the tears of rage running down his face and whined. He stomped as he crawled into bed and said "I wish I could never see any clothes again" and that I did not have to wear them at all.

Mrs. Tabby was horrified. She threw up her paws and stared at Tommy, who had climbed on into bed. "Do you know what you have said?" she asked him lowering her voice to a whisper. Tommy sank back from her gaze and pulled the covers up under his chin, he shook his head.

You have said that you do not want to live in Tabbyland. Away from this happy country the animals do not wear clothes, but they are the slaves of human beings. You came away to Tabbyland when you were a tiny baby, but some day you may know of the awful things that happen in the land where you do not have to wear any clothes.

She stood up and turned and walked very slowly out of the room, leaving Tommy scared and awed for once in his life. He waited until her footstep had died away, then took his clothes and slipped out of

The "Sweet Pea" Gown For Next Season's Debutante

One of Many Flower Creations

Which Are Suggested for Evening Gowns for the Coming Fall.

Silk and Chiffon, in Sweet Pink and Stem Green, Arranged in Loose Folds and Petal-like Draperies to Represent the Sweet Pea.

FROM the overskirts and ruffles, slim basque effects, and panniers it did not take any master mind to see the possibility of the evening gowns for the coming season. Petals are instantly suggested by the ruffles, and the slim silhouette brings to mind the green stem of the flower. Delicate shades of pink lavender, and blue are constantly reproduced by nature in the more formal flowers, and there you are.

Evening gowns representing flowers, formerly used solely for the purpose of the masque, will be fit and proper for the ordinary dance in the fall. This "sweet pea" gown is one of the latest models from an ultra fashionable New York establishment which caters especially to the needs of women. The gown proper is of a delicate pastel shade of pink and the overdrop of chiffon is in stem green.

Soft pussy willow taffeta lends itself admirably to the loops and folds which constitute the petals of the flower. The bodice is not tight, but fits the form, the skirt is built on the same form-fitting lines, while the chiffon drop and the looped-up overskirt effectively add the embellishing touches.

A stem green accordion-pleated petticoat peeps out from the hem, and satin shoes, in either white, stem green, or pink, may be worn.

An interesting touch may be noted in the long string of beads, which holds on the end a lorgnette of black bone or tortoise shell. No longer need the near-sighted girl be at a loss at the dance where she has not wished to wear her glasses. She may carry her lorgnette with every assurance these days.

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Advice To Girls

By ANNIE LAURIE.

Dear Annie Laurie: I am a school girl, and will soon be sixteen years old, and there are three boys and I like the three of them.

They talk quite a lot to me and call me very nice names, and say I am pretty and they love me.

Especially one, he leaves me, and sometimes, I get mad at him. But I couldn't stay mad with him if I tried. Do you think I am the young to have anything to do with him?

CUTEY.

WHY, you foolish little school girl, you can't even spell quite correctly, and then you want to know whether you are old enough to choose a sweetheart.

Go on letting those boys talk "quite" a little to you, and have a good time with them, but don't let them make a goose of you by calling you such very nice names and pretending that they love you so dearly.

Any boy anywhere near your age who is so very silly with very nice names is not in earnest. A seventeen-year-old boy does not talk when he's in love; he'd like to, but he can't.

When he's just fooling he can talk a lot—and he does, and that's what they are doing with you, these three boys you like so very well.

They are just making fun of you, little girl, and they talk about you to each other; oh, yes they do. You are no different from any other girl who allows boys to make a goose of her.

I'm glad you're pretty and I'm glad you're sweet. Keep your beauty and your sweetness for some one who will really appreciate them. And don't waste them now before you realize what they really mean.

ASHAMED—You are a very sensible little girl not to want a young man who has his way in life to make to spend a lot of money on you for useless trifles, and it is perfectly permissible for you to tell him so. Just be straightforward and tell him that you don't feel that you can accept so much from him, and that, anyway, it is not his gifts that make his friendship valuable to you.

H. J. M.—Apologize frankly to your friends for breaking your engagement with him and ask him if he will not come some other time to see you. That is the least you can do after treating him so badly. If he doesn't respond to that, I'd forget all about him.

BLONDY—A slight difference in means or station should make no difference in the happiness of a marriage. A difference in education, ideas, social usages and ideals might, unless there be strong love on both sides to bridge the chasm. It is after all a question of how real the love is, how necessary is each to the other. It is a question that must be decided by the individuals in each particular case.

"UNDOUBT"—When a man is peevish, easily offended, and apt to be disagreeable, it is a very good thing to show him that he is not indispensable. I'd let him use for a while, and then tell him as much fun as possible with the other boys who like you, and wait for him to come around. He'll do it if he really cares anything for you.

A MAN—Because a woman is a woman is no reason she should be allowed to carry her moods to the extent your fiancée does. She has no right to use a man who cares for her and for whom she professes to care. The next time she tries to play such tantrums, should just tell her that you do not propose to put up with such treatment, and leave her. That will soon bring her to her senses. I doubt not, and she'll be begging for forgiveness. There is little chance for happiness married to a woman with whom it is so difficult to get along. So give her a lesson before it is too late.

M. H.—There is nothing you can gain by writing again to the young man you are in love with. It is as plain as possible that he is not interested in hearing from you or he would have written "ere this. Put him out of your mind as soon as possible, and start work yourself up into thinking it a tragedy.

A CONSTANT READER—When a young man has shown you the courtesy of asking to take you home on several occasions, you owe him the courtesy of asking him to call. That is evidently what your friend is waiting for. When next you see him, tell him that you would be very glad to receive him at your home. It is quite correct for a girl to invite to call any young man who has shown a desire for her company.

MISS INQUISITIVE—A jealous disposition is a very difficult thing with which to cope. I should think a long time before marrying a man who is so thoroughly jealous as your fiancé. If you care enough for him to let him break up with your friends, you are not worth his still, regardless of your entire devotion, accuse you falsely of being flirtatious, why go ahead and marry him. But think it over first. That is what is in store for a woman who marries an inordinately jealous man. And they don't get over it, as a rule.

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MISS LAURIE will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper and will reply to them in these columns. They should be addressed to her care this office.

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Secrets of Health and Happiness

How to Nurse Your Child Through Scarlet Fever.

By DR. LEONARD KEENE HIRSHBERG.

NOW that an alibi, thanks to compulsory vaccination, has become a rarity in civilized communities, scarlet fever steps forward as the worst of the eruptive diseases of childhood.

It remains a puzzle unsolved, and an enemy unconquered. We are in doubt as to its cause, and there is as yet no drug or antitoxin that will cure it. Yet the death rate from scarlet fever is steadily declining, and we may expect it to decline more and more as the years go by. The reason for this, I take it, lies in the fact that the modern doctor is a great deal more sparing with pills and powder than his predecessor, and a great deal more lavish with water, air and anesthesia.

Though the exact cause of scarlet fever is still far from certain, there is no doubt whatever that it will be determined with absolute accuracy within a few years. A large number of competent observers have come to the conclusion that the causative agent must be a minute parasite closely related to that which produces malaria.

An attack of scarlet fever may begin a day or so after the patient has been exposed to contagion, and then again there may be an incubation period of a week or even more. Several years ago, in the course of my practice, I visited a family in which there were four bad cases. Next day I left the city and returned away for a full week. On the day of my return I fell ill with the disease, and a very severe attack was immediately in progress. In this case the incubation period seems to have been no less than eight days.

The First Symptoms. Scarlet fever usually begins with chills, rising fever, headache, loss of appetite and pains in the limbs, and sometimes, particularly in very young children, with convulsions. A sore throat and painful tonsils next afflict the patient, and at the end of a day or so the characteristic red rash appears. This commonly begins around the neck, and over the chest, and at the start of the rash the blotches soon run together and the whole surface of the body becomes a brilliant red. The membrane of the mouth and throat is also inflamed, and the so-called "raspberry" appearance.

Despite the almost universal notion, there is no crisis in scarlet fever. A crisis, in medicine, means a sudden change in the course of a disease. In scarlet fever, the fever does not cease suddenly, but slowly. This is called a "terminal" crisis, which is the very reverse of crisis when the fever goes down—usually about the fifth day—the scarlet rash begins to disappear, and the skin of the patient begins to peel.

Whenever it is possible a trained nurse should be engaged, and in any case the doctor's orders should be obeyed with scrupulous exactness. Nothing could be more foolish than the common custom of seeking advice in such emergencies from grandmothers, neighbors who have "pulled their own children through," and other untrained persons. Blundering "experts" of that species.

Good nursing means not only intelligent care of the patient, and a capacity for quick and accurate recognizing threatening complications, but also intelligent efforts to prevent a spread of the infection. Scarlet fever is one of the most contagious of known maladies, and in achieving a protective quarantine of his patients the cautious physician often takes measures which, to the layman, may seem almost ridiculously elaborate.

Disease Very Contagious. When one of your children develops the disease, put it to bed in a large and airy room, preferably on the top floor of the house, and prepare another room nearby into which the child may be taken when the sick-room proper is being aired and cleaned. Take all unnecessary furnishings out of both rooms. Under no circumstances, carpets, rug, pictures, draperies, and ornaments. In the sick-room a bed for the patient and a chair and table for the nurse are about all that may be called useful. A plain clothes-rack will suffice for holding the necessary changes of bedclothes.

If it is at all possible, send the other members of the household to some relative's home, and keep them away from the house, keep them away from all other children until the nurse is about as well. They may take the disease at any time, even in the face of careful precautions, and you cannot tell when their fellow-pupils and playmates.

If you nurse your child yourself, you must make up your mind to an entire separation from the other children in the house for a period of at least six weeks. You should not even go to the very near that of the patient, of course, but I cannot advise your sleeping in the sick chamber itself. Besides increasing the chances of infection, this practice results in unduly violating the air of the room. The oxygen that the patient consumes is needed by the child, for in a sick room the supply of oxygen is never too ample.

With proper treatment the patient should be quiet enough to give you a reasonable amount of sleep, but you must school yourself to awaken easily in order that you may look after its nocturnal wants. It is highly important that you go out every day, for an hour or so, for fresh air and exercise, and during this time some one else must be on guard. This someone should make a long coat and a dust cap over her hair as a safeguard. You yourself, on leaving the sick room, should make a complete change of clothes, and wash your face and hands thoroughly. The clothes you wear outside should be kept in an anteroom.

The doctor will give you detailed instructions as to the care of the patient. The little sufferer will probably be greatly annoyed by the discharge from its nose, throat, and ears, and these must constantly be looked to. Instead of a handkerchief or napkin for keeping it clean, use small bits of the absorbent cotton wool everywhere. This cotton is cheap, it has been sterilized, and its application is not irritating. Every piece should be burned immediately after it has been used.

After the fever goes down and the child's skin begins to shed, it will suffer greatly from itching. This can be relieved by rubbing the body very gently with carbolated oil. During this stage the child should be bathed often in cold lime-water or in water which contains a small amount of ordinary soda. Hot baths are to be avoided, but the water may be warm enough, as the phrase goes, "to take the chill." Do not attempt to "take off the chill." They will drop off themselves, just as soon as the new skin beneath is hard enough to be exposed.

How To Disinfect. Scarlet fever is most contagious from the third to the seventh day, but its contagiousness does not disappear entirely for a long while after that. Until the shedding of the skin and the discharge from the nose have ceased, no person, save the doctor and the nurse, should be permitted to approach the patient, and in any case the period of quarantine should be at least six weeks.

If you have had scarlet fever in childhood you need not fear for your own health, but even if you haven't, your chances of taking it are small. It is, in fact, rare among adults. Take all the same it is well to adopt precautions. There is no reason to fear the worst when the number of deaths by the disease is so small. Remember that the death rate is kept up among the children of the poor.

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ANSWERS TO HEALTH QUESTIONS

C. E. L.—Marks like scratches appear on upper part of back and shoulders. What is cause and cure?

Disinfect all your clothes, wrap your head in coal oil and rub flesh with calamine.

Dr. Hirschberg will answer questions for readers of this paper on medical hygienic and scientific subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, letters will be answered personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg care this office.

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Useful Hints for Housewives

By ANN MARIE LLOYD.

SUMMERTIME is sandwich time. Nothing more acceptable can be prepared for the children's mid-day lunch, for the porch tea, or the informal evening entertainment than these delicious oddities.

The wise housekeeper has plenty of sandwich secrets at her command. Sandwich-making has improved since the day they were invented to give the Earl of Sandwich nourishment without compelling him to leave the gaming table.

The earl was an inveterate gambler, and would rebel against leaving his game long enough to eat dinner. One day, after repeated urging to attend to his eating, he ordered slices of bread and meat to be brought that he might eat and play at the same time. The modern sandwich had its beginning.

There are only two rules to follow in making sandwiches. One is to have the bread cut thin. The other is to have the filling well seasoned. There are sandwich cutters to be had for a few cents, which make it possible to vary the form of this dainty.

Dates and English walnuts make a delicious sandwich mixture. Chop and sprinkle the mixture over bread which has been spread with cream cheese softened with cream.

Chopped figs and nuts will appeal to the children, and, used with brown bread, are nourishing.

Bits of chopped chicken may be mixed with mayonnaise and will make acceptable dainties for the summer supper table.

A delicious chicken sandwich filling, one especially good used with whole wheat bread, is made with one cup of

chopped chicken, one cup of chopped almonds, moistened with cream and seasoned with salt and pepper. Cheese fillings are sure to be well received. Cream two tablespoons of butter and mix it with half a cup of grated cheese, two tablespoons anchovy paste, half a cup chopped olives, season with salt, paprika, and a bit of mustard and press between thin slices of white bread.

For those who like high seasoning, sliced tomatoes with a dressing of mayonnaise and horseradish, in equal quantities, will be endorsed. Such sandwiches are better served between whole wheat or brown bread.

Graham bread with egg filling is delicious. Chop two hard boiled eggs and mix with mayonnaise until of the spreading consistency. Sardines, honeyed and reduced to a paste, seasoned with a little mayonnaise, and served between thin white bread are good.

For the tea, when dainties counts for more than mere substantiality, try sprigs of mint or nasturtium flowers pressed between dainty forms of bread which is spread with mayonnaise. Numerous fillings will occur to the one who prepared the sandwiches, for there is something about this form of simple food which inspires originality.

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PAUL POIRET PEEVED!

French Fashion Master Resents the Thieving of His Styles—"My Trouser Skirt Lovely—as Copied, Hideous!"

PARIS, July 22.—Paul Poiret, the fashionable dressmaker here, is on the warpath against fashion-pirates, declaring that unless something is done to stop the theft of styles there will be no great couturiers left in Paris.

"I have now succeeded," he told the correspondent, "in forming a committee of the best known dressmakers in the city to study law how best to protect their interests. The committee is small purposefully, only about seven houses being represented."

"Every new fashion a leading dressmaker evolves is seized upon so quickly that the originator is left wondering how it is done. The fashion is not only pirated, but the copies are often so badly executed that the public is disgusted. We shall oppose newspapers bringing out fashion supplements, and photographers from selling photographs taken at the races and at other places where styles are first seen. The fashion supplements aid the pirates materially since by their aid our latest exclusive creations are scattered throughout the world."

"There is now going on a campaign against the fashion as it is today. This is the result, not of our models, but of the quantities of bad imitations which I confess are really ridiculous. As I created the trouser-skirt it was lovely; as copied, hideous. One designs a style today; in a fortnight it is copied everywhere and all left for me to do now is to create a new style."

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